

FITNESS & WELLNESS

	MON	TUE	WED	THR	FRI
8:30 am	NIA				
9:00 am	Spinning		Step Aerobics Spinning	NIA	Step Aerobics Spinning
10:00 am	NIA	Yoga			
11:00 am					
5:30 pm				Cardio & Toning	
6:00 pm	Cardio & Toning		Step Aerobics		
6:30 pm		Beginner Belly Dancing (starts Session 8)		Step Aerobics Spinning	
7:00 pm	Step Aerobics				
7:30 pm		Intermediate Belly Dancing (Starts Session 8)			

Aerobics Session Dates

Session 7	September 11 - October 20
Session 8	October 23 - December 1
Session 9	December 4 - December 22
Session 1	January 2 - February 9
Session 2	February 12 - March 23

Teen Fitness Certification

Teens interested in working out with our fitness equipment and using the walking/running track, now we have times available for you! Training certification classes will be offered to teach teens ages 15-17 the proper use of the fitness equipment. Teens complete the training certification and then are permitted upstairs from 3:00-4:30 p.m., Monday through Friday and all day on the weekends! Teen Fitness Certification sessions are held each Tuesday evening at the Greenwood Community Center. Register at the control counter.



Spinning Classes - \$3/R or \$4/NR

COMMIT TO BE FIT

Aerobics Class Guidelines

- Sign up for the entire session at a discounted rate or for those who need more flexibility, come join us as a walk-up (call ahead for availability).
- Morning and evening classes available.
- Students do not need to be members of the Community Center to participate
- Call us or look for periodic free fitness classes on Saturday mornings
- To register, just come to the Community Center and ask for Recreation!
- Call us at 887-GAME for new class schedules and updates throughout the year.
- No matter your goals or fitness level, we have a class for you!

Fitness Equipment Consultation

Looking for someone who knows how to use all of this fitness & workout equipment? Our staff at the Greenwood Community Center will assist you and explain the proper use techniques of our fitness & workout equipment. To schedule a time, contact the Greenwood Community Center staff at the Control Room. Consultation is FREE to Greenwood Community Center members.

**CHECK US OUT AT
WWW.GREENWOOD.IN.GOV
FOR CLASS FEES**